been injured. Yesterday, the International Court of Justice overwhelmingly found that Russia must immediately suspend its unlawful military invasion of Ukraine.

It is clear, Madam Speaker, that Vladimir Putin and the Russian Government have committed war crimes. They have invaded a sovereign nation and are attacking the very core of liberty and democracy. We must hold them accountable and do all we can to support the brave Ukrainians fighting for their freedom.

## AVOID WAR THROUGH FINANCIAL EXCELLENCE

The SPEAKER pro tempore (Mrs. BUSTOS). The Chair recognizes the gentleman from North Carolina (Mr. CAWTHORN) for 5 minutes.

Mr. CAWTHORN. Madam Speaker, when American projects weakness on the international stage, everyday Americans suffer. We know this. We are told this daily. But many everyday Americans feel that geopolitics is far removed from their lives

So, let's answer the question: What does it cost for America to be weak on

the world stage?

This cost is manifested at the pumps every day with 42 percent higher prices. It is shown as food prices soar. Meat, poultry, and eggs are all up over 10 percent.

Our weakness abroad produces hardships at home. If we lose our role as the world reserve currency, your buying power, your savings, and your property value could all sink to historic lows.

The preeminence of American currency has dominated the global landscape for decades, providing stability as the international bedrock of financial transactions and arrangements.

We are the world's reserve currency. We are the standard. But that great financial heritage is slipping away. Our children may soon call the world reserve currency by another name. Perhaps they will know it as the yuan.

The geopolitical ramifications of devalued and discarded American currency would not only signal a shift in financial confidence in the United States; it would dissolve our standing among global superpowers.

We are witnessing the death rattle of Pax Americana, meaning the era of American peace we have enjoyed in the world for decades.

America could lose a war with China without a single shot ever being fired if our dollar continues to be perpetually devalued

Permanent Washington decisionmakers, most of whom are over 30 to 50 years my senior, have clearly either not taken the time to sit and consider the cost of or, worse, simply ignored how hyperinflation is rotting the superiority of our Nation's currency and dragging with it young families, bluecollar workers, and the great American middle class.

American strength and leadership have been the driving force of peace for

the last half century. Nations unified behind the stability of the U.S. dollar, in large part because we backed our greenbacks with gold—substance, not fluff. We were the manufacturers of the world. The shift from a gold standard to a fiat currency began to starve America's financial preeminence. You cannot inflate gold, but you can print money out of thin air. When a currency is built on nothing but paper, it literally grows on trees. With this dramatic shift, America's leverage on the world stage began to slip away.

There can be no globalism when America refuses to relinquish its position as the preeminent currency. Countries also think twice before incurring the wrath of the United States when their own financial stability is tied to the endurance of our monetary system.

But, instead, our inflated, hollow monetary systems have given way to fantastical foreign policy. We have surrendered our financial security as the superpowers of the world wait eagerly in the wings. Our collapse signals their emergence.

Saudi Arabia, which has exclusively sold its oil using U.S. dollars, is now considering selling oil for the Chinese yuan. The Chinese Communist Party has been posturing for years to topple the dollar with their tender.

When the U.S. dollar falls, America will no longer remain dominant on the world stage, and peace will end. It is already happening. Vladimir Putin has illegally and immorally invaded Ukraine. The world is coming unraveled as our tender's resiliency plummets

But I am sure you are asking yourself at home: Does this have to happen? In short, the answer is no. We can reclaim the mantle of financial excellence we once held. We can become the leader of the world again without having to expend the lives of young Americans

Stooping to military interventionism is the goal of the war hawks here in Congress who are bought and paid for by those who stand to profit from forever wars.

If we are wise and shrewd, we can avoid ever needing to put boots on the ground to ensure peace. We can do this by dominating the world's economy.

To bring peace without bloodshed is actually quite simple. The key is to immediately reduce gas prices and energy prices by drilling the hell out of the Permian Basin and by granting every lease and incentivizing all necessary infrastructure atop the Bakken

Furthermore, we should aggressively onshore manufacturing back to America, dominate the world market on precious minerals, and stop shipping our iobs overseas

A strong American economy creates a strong U.S. currency. When America sits atop the world, peace will continue. Tyrants of the world, like Putin and Xi Jinping, will fear us when the only way to buy and sell energy is by using the U.S. dollar.

It is our solemn responsibility to pass a peaceful and prosperous nation on to the next generation. We are the leaders of the world. It is time we start acting like it.

Drill, baby, drill. America first now, and America first forever.

## BROAD-BASED SANCTIONS ARE ECONOMIC WARFARE

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from Minnesota (Ms. OMAR) for 5 minutes.

Ms. OMAR. Madam Speaker, I rise today in solidarity with the Ukrainian people who are facing a cruel and inhumane war of aggression from a tyrant, Vladimir Putin.

I also stand in solidarity with my Ukrainian-American constituents whose friends and families are in harm's way.

We must address this war with courage, foresight, and humility. I am appalled by the extraordinary cruelty of Putin's war. I am also moved by the courage of the Ukrainians and also by the courage of the antiwar protesters in Russia, risking 15 years in prison for speaking out against Putin's aggres-

We must stand unified with the Ukrainian people. But even as we stand with the Ukrainian people, we must avoid the knee-jerk calls to make this conflict even worse.

One thing we should have learned throughout our history is that policy decisions we make simply based on fear or rage rarely end well. Increasingly, we are hearing voices calling for the United States and NATO to enter into war with Russia. For the most part, they are not saying this directly. They are using euphemisms like no-fly zone.

A no-fly zone is not simply declared. It must be militarily enforced. As the President said, a no-fly zone would mean the United States entering the war. It would mean the beginning of World War III.

We must reject this completely. The stakes are incredibly high. There has never been, on this Earth, a war between two or more nuclear powers.

There is a reason for this. Even in the madness of the Cold War, leaders around the world understood that nuclear war would mean the annihilation of humanity.

There are voices now that are shockingly casual about the risk of nuclear war. I am asking the American people to not believe them. Do not believe them when they tell you that it is going to be limited. Do not believe them when they tell you nuclear winter isn't real, or it isn't that bad. They don't know that. They can't know that.

Aside from the very real risk of nuclear escalation, we have placed the strictest sanctions in history on Russia with no clear off-ramps or criteria for lifting them.

What is clear is that broad-based sanctions will be devastating for civilians. What is less clear is that Putin or